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PAGE 14

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Ready, set, recycle! Blue bins on the way

Green goal. Curbside recycling program needed to improve Regina's sustainability, mayor says

JEFF MACKEY
jeff.mackey@metronews.ca

Regina has joined the ranks of other Canadian cities by implementing a mandatory door-to-door recycling program, becoming one of the last major urban centres in the country to do so.

The program will begin next week when 60,000 blue carts, similar to the city's brown garbage carts that are already in use, are distributed across Regina over a six-week period.

The recycling service will cost every homeowner using it $91.25 a year, a fee that will be added to monthly city utility bills. The service — for papers, plastics and a variety of containers — will be provided to all residents who currently have their garbage collected by the city, rather than picked up by private-sector operators.

Announcing the program on Monday at the city's landfill, Mayor Michael Fougere said it's needed to improve Regina's sustainability.

"We have an opportunity to extend the life of our landfill over a number of years and protect the environment," said Fougere.

"Sixty-five per cent of what we actually put in our landfill can be recycled," he added.

"Our plan is to divert 40 per cent of household waste by 2015, and up to 65 per cent by 2020. These are very big goals to have — most other urban centres in Canada already have a plan in place — we believe this very much attainable."

Home recyclable materials will be picked up every two weeks beginning July 1. Collection days for recyclables will not be the same as for weekly garbage pickups.

The recyclables will be taken from residences to an Emterra Environmental recycling plant near the Global Transportation Hub.

"The material will be sorted and baled, then it is shipped off," said Neil Vandendort, the city's director of open space and environmental services. "The materials will be shipped to other places in Canada and probably the U.S."

The city will notify residents to remind them on the days before their collection service begins.

Mayor Michael Fougere discusses Regina's recycling program at the city's landfill on Monday. Door-to-door collection begins July 1, with 60,000 blue carts to be distributed across the city over a six-week period beginning next week.

JEFF MACKEY/METRO

Looking for a new home?

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Eye on the water

Saskatchewan flood threat eases

Water watchers in Saskatchewan are keeping an eye on rising lake levels, but in some areas the worst of the flood threat has passed.

Emergency management commissioner Duane McKay says the overall flood threat is down.

THE CANADIAN PRESS

GameSense

Making sense out of gambling addiction

Saskatchewan Gaming Corp. is boosting its support to problem gamblers with GameSense, an information service starting up at Casino Regina and Casino Moose Jaw.

The program, which cost SaskGaming $70,000, was developed in British Columbia and involves education on what it calls "responsible" gambling.

Laurie Norman of SaskGaming demonstrates a GameSense kiosk. ROSS ROMANIUK/METRO

METRO

Charles Bighead

Suspect arrested in homicide at Yellow Quill First Nation

Police have arrested a man in Regina in the homicide of a woman at Yellow Quill First Nation.

Officers apprehended and charged Charles Bighead on Monday, following the RCMP's discovery of the body of Yellow Quill resident Dorinda Machiskinic, 38, on Saturday after a shooting at a home at the Saskatchewan reserve.

The arrest of Bighead, 61, who is charged with second-degree murder, came after RCMP issued a warrant for him and had advised the public that he was at large and should be considered armed and dangerous. Prior to the arrest of Bighead he had last been seen driving in the area of Fishing Lake First Nation on Thursday night. METRO

Stories of the missing given light during awareness week

Searching. Although most missing persons cases are solved within the first 48 hours, there are 114 long-term cases in Saskatchewan

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

Green ribbons are pinned to 114 chairs at an event for Missing Persons Week. Each empty chair represents a long-term missing person in the province. Inset: Wayne Lachance at the launch of Missing Persons Week on Monday.

ALYSSA MCDONALD/METRO

Wayne Lachance has not seen his Uncle Sam in 26 years.

Sam Lachance went to Prince Albert for a job in the forestry industry and never came home to Big River First Nation. After weeks of looking for Sam during the summer of 1987 with no luck, his uncle was officially reported missing.

"He said, 'I will see you when I get back,' but he just never came back," Wayne said on Monday at an event in Regina to mark Missing Persons Week in Saskatchewan.

Lachance's disappearance remains an open missing persons case with Prince Albert city police. His case was highlighted in a video presentation at the T.C. Douglas Building as part of the provincial government's start to Missing Persons Week, which will run through May 11.

"It gives the family hope," Wayne said of the open police file. "It's good to know that someone is working on it and it's not forgotten, even after 26 years."

Although most missing persons cases are solved within the first 48 hours, there are 114 long-term cases in Saskatchewan. Some people have been missing in this province for longer than six months, and one case goes back as far as 1940.

Last year

Reports of missing persons

Last year in Regina, approximately 1,300 missing persons reports were made. All except two of those people have been found.

"Of course, that is two too many," Regina police Chief Troy Hagen said of those still missing.

"As (the families) are waiting to hear, whether it's through investigations or otherwise, where their families are ... we make sure that awareness is always there," said Brenda Butterworth-Carr, criminal operations officer for RCMP in Regina.

Every day this week, police units will release a video highlighting a Saskatchewan missing persons case. A common public misconception to help prevent families from losing loved ones will also be pointed out each day of the week.

ALYSSA MCDONALD/METRO

U of S seeking buyer for flock of 300 sheep

Saving money

- Advanced Education Minister Don Morgan says it's up to the University of Saskatchewan to determine what number of animals are needed on campus. The university said last week that it will sell its flock of 300 sheep because it needs to save money — the school is facing a projected $44.5-million deficit in its operating budget by 2016.

THE CANADIAN PRESS

The University of Saskatchewan is looking for someone to buy its flock of 300 sheep, as recent budgetary cutbacks are forcing the institution to relocate the wooly research animals.

According to Mary Buhr, dean of the College of Agriculture and Bioresources, it costs the U of S about $100,000 annually to keep the flock on campus. And while other livestock bring in research dollars to help offset their costs, the flock brings in very little research funding.

"Maintaining animals on campus for research and teaching is an expensive proposition, more expensive than any sort of normal farm production operation," said Buhr.

"On campus we have dairy cattle, we have beef cattle, we have turkeys, we have chickens and we have the sheep. When we look at the expenses embedded in all of those, the thing with the sheep is they are used for some teaching, but we don't get a lot research done with them."

MORGAN MODJESKI/METRO SASKATOON

Estevan arena reviewing security after Motley Crue concert ruckus

Crazed fan.
Guitarist knocked over, bodyguard injured after 'guy got through two layers of security'

ROSS ROMANIUK
ross.romaniuk@metronews.ca

Management of a Saskatchewan arena will review their concert security after an on-stage assault of a Motley Crue band member in an incident that also left a bodyguard for the group with broken ribs.

The band's security member suffered the injuries on Saturday night when falling off the stage at Spectra Place in Estevan, after trying to help guitarist Mick Mars, who had just been knocked over by a zealous fan rushing toward the musicians from the audience.

"The whole incident was unfortunate," Del Block, chief of the Estevan Police Service, said on Monday.

"I think the guy just got through two layers of security," he added of the 40-year-old man, who has been questioned by officers since his run onto the stage.

"Will there be some changes in the security? I assume there will be."

While municipal police in Estevan continue to probe the incident, no decision on charges against the man — a resident of the Saskatchewan town of Manor — have yet been made.

Garth Forster, events manager for the City of Estevan and for Spectra Place, said it appears that the man ran past privately-contracted security officers and arena staff.

Security staff assist Motley Crue guitarist Mick Mars on stage at Estevan's Spectra Place on Saturday, as seen in an image from a video shot from the audience. CONTRIBUTED/THE CANADIAN PRESS

Cops step up fight against graffiti

It's described as mischief under the law, though its result is much more serious.

And police have made a mark of their own in the city's battle against graffiti vandalism by arresting three boys for spray-painting "tags" in a total of 19 incidents across a wide swath of Regina's public and private properties.

"Taggers don't really care what they destroy. They just destroy stuff that isn't theirs," Kaeli Decelles, spokeswoman for the Regina Police Service, said on Monday following the arrests.

"Some of the graffiti was on public property such as bridges, or the sides of buildings," she added. "Some of it was on people's fences, garage doors, vehicles — that kind of thing."

The three suspects — all Regina youths who don't appear linked — allegedly did the damage "over quite a period of time," Decelles said, noting that they were apprehended as a result of several months of investigation by a unit focused on that work.

"Our graffiti investigators work every single day, to try to stop this kind of crime," she explained.

"Investigations take time, sometimes. Because they don't leave a home address when they tag so we can go and charge them."

A total of 28 charges — including 17 counts of mischief under $5,000 — have been laid in the three cases against the boys, who can't be named publicly in keeping with the federal Youth Criminal Justice Act.

One of them is charged, as well, with possessing stolen property.

"If you see someone spray-painting," Decelles advises the public, "call the police right away."

ROSS ROMANIUK/METRO

An example of the kind of graffiti vandalism that Regina police have spent several months investigating before laying charges against three local boys in 19 such incidents. ROSS ROMANIUK/METRO

Tagging frenzy

19

Three boys have been arrested for spray-painting "tags" in a total of 19 incidents across a wide swath of Regina's public and private properties.

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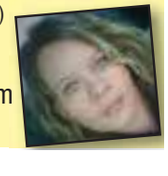

Oppan Canada. Gangnam Style? Oh, you're welcome, South Korea: Minister

A senior Conservative cabinet minister says if it wasn't for Canadian soldiers who risked their lives fighting communism, the world might never have had the last year of goofy, unadulterated joy dancing to Gangnam Style.

In an interview broadcast on Radio-Canada on Sunday, Veterans Affairs Minister Steven Blaney said the hit song by South Korean singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Blaney's comments came after a ceremony in Quebec City to honour naval veterans who took part in the blockade of Nazi Germany.

A government official said the remarks came in a question period with reporters, in which Blaney described a recent trip to South Korea, which he described as a superpower and a democracy and where Canadians are still recognized for the efforts during the Korean War.

There was no word either on whether Canadian veterans would be saddled with responsibility for the current free fall down the musical charts that the South Korean artist's follow up song, Gentlemen, has experienced in recent weeks.

TORSTAR NEWS SERVICE

Special thanks to...

"There wouldn't be a Gangnam Style if we hadn't had the sacrifice of Canadians, members of the United Nations."

Veterans Affairs Minister Steven Blaney

Credit where credit is due?

1950-53

In an interview broadcast on Radio-Canada on Sunday evening, Veterans Affairs Minister Steven Blaney said the viral South Korean hit song by the singer Psy would have never been possible if international forces hadn't vigorously defended the country against communist North Korea in the war that ran from 1950 to 1953.

Vienna

Camels, llamas crash soccer game

A galloping group of circus animals sent players and spectators scattering when they staged a pitch invasion during a soccer match in Vienna being played by two under-15 girls' teams.

State broadcaster ORF reports that as the five Bactrian camels and eight llamas rushed on to the field, the players and their fans hoofed it to the circus that had set up its tent nearby.

ORF said Monday the animals were swiftly rounded up. THE ASSOCIATED PRESS

Southern Alberta

Man pleads guilty to self-abduction

A man from southern Alberta has pleaded guilty to public mischief for staging his own abduction early this year.

Matthew Robillard, 25, of Lethbridge disappeared on Jan. 31. His car with a smashed window was later discovered running in an industrial area.

Investigators received a phone call from him a few days later.

Lethbridge police said his actions were prompted by a significant financial loss. THE CANADIAN PRESS

Legless man begins his 300-km odyssey

We Walk 4Water.

Edmonton-to-Calgary journey will raise cash for clean drinking water

PATRICK NGUYEN
For Metro in Edmonton

After climbing Mount Kilimanjaro last summer to raise money for clean water, legless motivational speaker Spencer West began a new charitable journey on Monday, this time in Alberta.

West kicked off We Walk 4Water at Johnny Bright School in Edmonton, speaking to more than 1,000 students, teachers and parents.

At the age of five, West lost both of his legs to sacral agenesis, a genetic disorder, and doctors said he would never be a functioning member of society. He credits this verdict as one of his main motivators, and it's led to one of the main messages he sends.

"Recognize that we all have the ability to make a difference in the world, regardless of who you are or where you come from," said West.

When asked about his cause, West said, "Clean water is really the key to everything. So if we can provide clean water, then (children) can focus on education, they can focus on living their life."

West will be making the 300-kilometre walk on his hands and in his wheelchair with best friends David Johnson and Alex Meers, stopping at many towns along the way.

Spencer West, centre, flanked by best friends David Johnson and Alex Meers, about to begin their walk at Johnny Bright School. PATRICK NGUYEN/FOR METRO IN EDMONTON

Spencer will finish the We Walk 4Water trek on May 16 in Calgary, stopping at local schools every weekday during the trip.

For more

Follow the journey online at metronews.ca

Brothers in arms

West won't walk alone

West will be joined by Canadian singer Nelly Furtado; Free The Children co-founder Craig Kielburger; and Aislinn Paul and Munro Chambers of Degrassi.

Kielburger called his organization "the world's largest network of children helping children," referring to their challenge for every student to raise $25, enough to provide someone with clean water for life.

Arctic Ocean? Or Acidic Ocean?

An international study suggests greenhouse gases are acidifying the Arctic Ocean at a faster rate than any of the world's southern seas.

However, so little is known about northern waters that educated guesswork is the only tool scientists have to predict the impact.

"It's really frustrating from the biological point of view because we don't have much information," said Sam Dupont, one of the report's 60 authors, from Sweden's University of Gothenburg.

But there will be effects, said co-author Rashid Sumalia, a University of British Columbia researcher. Commercially important species such as Arctic char and cod are in danger.

The report, the first on Arctic acidification, will be presented next week at a meeting of the Arctic Council, a group of eight countries that ring the North Pole. Canada will assume chairmanship for two years at that meeting.

Ocean acidification occurs when carbon dioxide is absorbed by the water. The dissolved gas forms a weak acid.

The process is more pronounced in the Arctic, the study concludes, because cold water absorbs CO2 more easily.

The result is that some Arctic waters are already so acidic that sea creatures will likely have trouble building shells, which are made of highly alkaline calcium carbonate.

THE CANADIAN PRESS

That ain't frostbite

30%

Oceans around the globe have became an average of 30 per cent more acidic over the last 200 years, the report suggests.

Ex's e-lies killed my rep: Teacher

Lee David Clayworth and Lee Ching Yan ERIC DREGER/THE CANADIAN PRESS; FACEBOOK

Cybersmear. Man won damages in Malaysian court for ex-girlfriend's characterizations of him as child molester, pedophile, pervert

A Vancouver teacher whose ex-girlfriend has been spreading malicious lies about him online for the past two and a half years says her non-stop harassment is hurting his career prospects.

Lee David Clayworth, 35, was teaching in Malaysia in 2010 when he met Lee Ching Yan, now 29, online. He says a few weeks into the relationship she began acting aggressive, vindictive and controlling, and when he broke up with her, she broke into his apartment.

"She stole my laptop, she stole my hard drive, my passports, my money, all my clothes."

Weeks later, Clayworth found out that Yan had hacked into his email and Facebook accounts and sent an email to all of his contacts — including coworkers, managers, and some students — posing as him and claiming to have had a sexual encounter with a 15-year-old student. She also posted a nude photo of him to his Facebook page that she had snapped of him in the shower without his permission while they were on vacation.

About a month later, Clayworth discovered Yan was posting hundreds of comments about him on sites like filthyliar.com and datingpsychos.com calling him a child molester, a pedophile, a pervert and a sex maniac. He said at that point deleting them turned into a full-time job.

He successfully sued Yan for defamation and a Malaysian court ordered her to pay the equivalent of $66,000 in damages. But her relentless cyberstalking continued. Yan was later found guilty of contempt of court and sentenced to jail, but she skipped the country.

Clayworth said that he has been looking for teaching work since January without luck, and is worried the smear campaign is scaring off potential employers. KATE WEBB/METRO IN VANCOUVER

Utah

DA weighs charges in soccer referee death

A Utah prosecutor says he plans to decide within a day or two what charges to file against a teenager accused of punching a soccer referee who later died after slipping into a coma.

The district attorney says he and his team are reviewing the evidence and state statutes to determine charges. He says there are strict rules to follow because the suspect is a juvenile. The teen is in juvenile detention on suspicion of aggravated assault. He may face more severe charges. THE ASSOCIATED PRESS

First-degree murder

Casey Anthony should've been convicted: Judge

The judge who presided over the trial of Casey Anthony says he believes there was enough evidence to convict the Florida mother who was acquitted almost two years ago of murdering her two-year-old daughter.

Judge Belvin Perry told NBC's Today show on Monday that he believes there was sufficient evidence for a first-degree murder conviction, even though much of it was circumstantial.

The trial attracted worldwide attention. THE ASSOCIATED PRESS

Sleep is for suckers. Caffeinated food gaining steam

Caffeine fiends needn't rely on beverages anymore.

An increasing number of foods with added caffeine have become available in the U.S., according to the Food and Drug Administration. In Canada, caffeinated gum and chocolate were recently given temporary approval from Health Canada.

The growth comes despite intensified government monitoring and medical warnings about overconsumption of caffeine.

TORSTAR NEWS SERVICE

A few years ago, three former employees of PepsiCo Canada and Kraft Canada took note of growing demand for "functional foods," from energy drinks with caffeine and amino acids, to yogurt with probiotics.

"We wanted to create a product that tasted great and had the pick-me-up of a cup of coffee, not anything extreme," said Matt Schnarr, one of the founders of Awake Chocolate.

This year, they started shipping to stores in the U.S., joining caffeinated foods there, including Jelly Belly Extreme Sport Beans, Wired Waffles and Cracker Jack'd Power Bites. TORSTAR NEWS SERVICE

RBC Royal Bank

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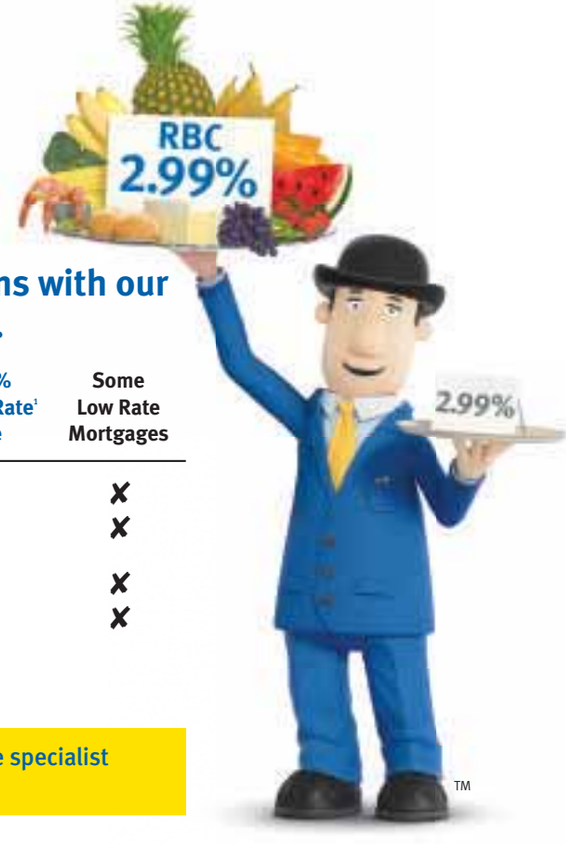

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App to help vets cope with PTSD

Mental Health Week. Mobile tool gives users details on symptoms, support, coping skills

The rollout of a new smartphone app and money for a two-year study should go some distance toward helping Canadian veterans and others cope with post-traumatic stress disorder, the federal government announced Monday.

The initiatives should also help families of vets, Veterans Affairs Minister Steven Blaney said in making the announcement at the start of Mental Health Week.

"Our government recognizes the seriousness of PTSD among veterans and Canadian Armed Forces personnel and its impact on their families," Blaney said. "These important initiatives ... will assist us in addressing the mental-health needs of those who sacrificed so much for their country."

Veterans Affairs Minister Steven Blaney shows off a new mobile app in Toronto on Monday for those with PTSD. THE CANADIAN PRESS

Dubbed PTSD Coach Canada, the app — available through the iTunes store and Android Market — gives users information on PTSD, self-assessment for symptoms, information about professional health care, and where to find support.

It also includes tools ranging from relaxation skills and positive self-talk to anger management that can help users manage symptoms and the stresses of daily life.

Blaney also announced the government would kick in almost $376,000 for a two-year study involving 140 clinicians. The Ryerson University research will look at how effectively clinicians are using cognitive-processing therapy to treat adults with post-traumatic stress disorder.

THE CANADIAN PRESS

Quoted

"Post-traumatic stress disorder is one of the most treatable mental-health conditions."

Ryerson University Prof. Candice Monson, who will lead a research project aimed at training clinicians to help those with PTSD

No need to let the pharmacist know what's up: Pfizer starts direct Viagra sales in U.S.

Men who are bashful about needing help in the bedroom no longer have to go to the drugstore to buy that little blue pill. In a first for the drug industry, Pfizer Inc. will begin selling its erectile dysfunction pill Viagra — pictured here on top of counterfeit pills — directly to U.S. patients on its website. Men still will need a prescription to buy the pill on viagra.com, but they no longer have to face a pharmacist to get it filled. The strategy aims to tackle a problem plaguing the industry: Unscrupulous online pharmacies increasingly offer patients counterfeit versions of Viagra and other brand-name drugs for up to 95 per cent off with no prescription needed. The plan to sell directly to consumers will not extend to Canada, a spokesperson for Pfizer Canada said Monday. WILLIAM VAZQUEZ/PFIZER/THE ASSOCIATED PRESS

Dubious products

Care for a poutine soft drink?

Jones Soda Co. has debuted a limited-release Poutine flavour exclusively for the Canadian market.

In the decade since the Seattle-based company issued a Turkey & Gravy soft drink as a promotional lark, it's become known for wacky flavours — Gingerbread, Green Bean Casserole, Pear Tree and Candy Cane.

"With a nice balance of rich, savory gravy over a starchy potato base, and accented with those fatty, cheesy notes you expect in a plate of poutine, we believe we've developed the perfect liquid version of this undisputedly Canadian delicacy," said Andrew Baumann, Jones Soda's marketing & social media manager, in a release. TORSTAR NEWS SERVICE

E-tailing

U.S. bill may end tax-free online shopping

The days of tax-free shopping on the web may soon end for many U.S. consumers. The Senate passed a bill Monday that would empower states to collect sales taxes for purchases made over the Internet.

Under current law, states can only require retailers to collect sales taxes if the store has a physical presence in the state. That means big retailers with stores all over the country like Wal-Mart, Best Buy and Target collect sales taxes when they sell goods over the Internet. But online retailers like eBay and Amazon don't have to collect sales taxes, except in states where they have offices or distribution centres.

THE ASSOCIATED PRESS

Labour conditions. Adidas wants workers at its Asian suppliers to text complaints

German sports-gear maker Adidas says it is encouraging workers in factories of its Asian suppliers to anonymously share possible grievances directly with the company via text message.

Adidas AG, which also owns the Reebok brand, said Monday the SMS hotline will help bridge the communication gap between management and workers, enabling employees to "simply send an SMS when they feel their rights are breached."

It says the initiative was successfully tested at an Indonesian supplier's factory and will now be rolled out to four other plants in the country and one in Vietnam.

Adidas' efforts to improve control of labour conditions coincide with a renewed debate on working conditions at the suppliers of western firms in the wake of deadly incidents in Bangladesh's garment industry.

THE ASSOCIATED PRESS

A new Adidas shoe is presented at a news conference in southern Germany in March. The company is asking workers in the factories of its Asian suppliers to text the firm directly with grievances. THE ASSOCIATED PRESS FILE

Discount retail

Target to open stores in Western Canada this week

U.S. retailer Target is opening two dozen stores in Western Canada this week and next as it rolls toward its target of 124 in Canada this year.

Target says it is opening 10 stores in Alberta, nine in B.C. and three in Manitoba this week. Next week, the company will open one store in B.C. and another in Alberta. Target launched its first stores in Canada in Ontario earlier this year.

THE CANADIAN PRESS

Get used to seeing the red bullseye: Target launches in Western Canada this week. THE ASSOCIATED PRESS FILE

Commuting. N.Y.C. jumps on bike-sharing bandwagon

New York City, with its constant hum of subways, buses, cabs and ferries, has long had one glaring exception to its many transportation options: bicycles for the masses.

But bike sharing is finally coming to the Big Apple, which could help the city overcome its reputation as a commuter obstacle course of speeding cabbies, horn-honking drivers and sharp-elbowed pedestrians who treat crossing signals as a mere suggestion.

City officials say the U.S.'s largest bike-sharing system will begin sometime this month with 6,000 bikes at 330 stations in Manhattan and parts of Brooklyn, with plans to expand eventually to 10,000 bikes and 600 docking stations in Manhattan, Brooklyn and Queens.

"When you talk about scale, no other U.S. city comes close," says Jon Orcutt, policy director at the city's Department of Transportation, which is overseeing the launch of the program.

Officials hope the privately funded bike-sharing program, dubbed Citi Bike after a $41-million US sponsorship from Citibank and an additional $6.5 million from MasterCard, will add riders to the more than 1,130 kilometres of bike lanes throughout New York and will be used by one-way commuters and round-trip tourists alike.

Thousands of people already have signed up as Citi Bike founding members, paying the $95 US annual fee for unlimited rides of 45 minutes.

THE CANADIAN PRESS

In this photo taken last week, a cyclist pulls into a docking rack that's part of a new bike-sharing program in New York City. THE ASSOCIATED PRESS

By the numbers

534

As of last month, there were a total of 534 bike-sharing programs worldwide, according to Russell Meddin, a Philadelphia-based bike-sharing advocate who tracks and maps the programs.

Market Minute

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DON'T ASK ME TO PAY FOR YOUR WEDDING

SHE SAYS

Jessica Napier
metronews.ca

Stag and doe, wedding social, Jack and Jill — call it what you will, but the concept is generally the same.

If you are of a certain age, chances are your Facebook feed is littered with party invites to events designed to help raise money for a newly engaged couple's upcoming wedding. These pre-wedding fundraisers are a time-honoured tradition in certain parts of the country — particularly in Manitoba, where hosting a "social" before the big day is the norm.

Friends and acquaintances are invited to a local hall or community centre and are expected to cough up cash for entrance fees, drink tickets, raffle prizes and money-making games like dollar dances. Profits go to the bride and groom to help pay for wedding expenses or their honeymoon.

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees. Some might say there's no harm in getting together for some good old-fashioned fun to help out friends, especially if the party isn't that much more expensive than an average night out at a bar. Others argue that crowdfunding your wedding reception is tacky.

While wedding etiquette is always up for debate, something about this blatant money grab leaves a bad taste in my mouth. I'm all in favour of for-profit partying for a good cause, but if you have to fleece your friends and family for cash to pay for your wedding photographer, then perhaps you need to re-evaluate the budget for your big day.

Couples ask their wedding guests to open up their wallets plenty of times leading up to the I-dos — for bridal showers, bachelor and bachelorette parties, wedding gifts, travel expenses and more. But asking these same guests (and worse, people who aren't even invited to your wedding) to help generate the cash to fund your elaborate centrepieces just seems tasteless.

A wedding can be as cheap or as expensive as you want it to be; in the end it's all about priorities. Financial support might come from the bank or maybe your parents, but ultimately it is the couple themselves who should take care of their own expenses. Adults shouldn't decide to have a wedding — or a certain type of wedding at least — unless they're prepared to take on the financial responsibility.

If you don't have enough money for that particular Swarovski-crystal encrusted gown or that extra layer of cake, then you make compromises or wait until you're more financially stable. You don't turn to friends and family and ask them to bankroll your big day.

Customary maybe, but is it right?

Fundraising for your nuptials might be customary in some communities, but these sorts of events have mixed reviews among attendees.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Brood II: 17 years in the making

UNIVERSITY OF CONNECTICUT, CHRIS SIMON/THE ASSOCIATED PRESS

Billions to emerge from earth — but don't worry!

Any day now, billions of cicadas with bulging red eyes will crawl out of the earth after 17 years underground and overrun the East Coast. The insects will arrive in such numbers that people in the southern state of North Carolina, to Connecticut in the northeast, will be outnumbered roughly 600-to-1 — maybe more. Scientists even have a horror-movie name for the infestation: Brood II. But as ominous as that sounds, the insects are harmless.

THE ASSOCIATED PRESS

Putting the 'cad' in cicada

They're looking for just one thing: sex. And they've been waiting quite a long time.

The males come out first. They perch on tree branches and sing, individually or in a chorus. Then when a female comes close, the males change their song, they do a dance and mate. The males keep mating ("That's what puts the 'cad' in 'cicada,'" entomologist Mike Raupp jokes) and eventually the female lays 600 or so eggs on the tip of a branch. The offspring then dive-bomb out of the trees, bounce off the ground and eventually burrow into the earth, Raupp says. THE ASSOCIATED PRESS

Click bait

HANNAH ZITNER
hannah.zitner@metronews.ca

With marathon season now in full swing, runners — from ultra-marathoners to couch-to-5K'ers — are lacing up and hitting the pavement. Whether you're chasing the runner's high to qualify for Boston or just trying to get in shape, there's no shortage of online hubs to keep you on track.

Draft Magazine:

As the name suggests, this site isn't wholly about running — but not all runners are puritanical all the time. For runners whose idea of interval training is sprint, drink, rest, repeat, The Beer Runner blogs about PB (personal bests) as well as PBRs. (draftmag.com)

iRunner:

iRunner sets itself apart from other blogs in the jog-o-sphere with its bi-monthly Twitter chat. Though the site covers the usual topics, from ramping-up speed to post-race recovery, #RunChat gives you a bit of face-time with the brains behind the blog to get your real questions answered. (iRunnerblog.com)

Daily Mile:

Kind of like a digital run club, the Daily Mile is a community of runners (cyclists and triathletes welcome too) sharing tips, routes and workouts. Don't want to join the club? You can still read refreshing run reports from featured "Daily Miler's of the Week." (dailymile.com)

Tweets

@metropicks asked: Montreal held its first-ever gathering of red-heads, which attracted hundreds of participants. Who should be the community's ambassador?

@FrenchmanCanada:
@shaunmajumder I'm sure he secretly is a redhead.

@lyinatnight:
anne of green gables

@ruggles79:
Carrot Top. Nuff said...

@matty7films:
Rita Macneil (RIP) should be honoured for her voice and her natural red hair which she took with her to mermaid-land.

@marcuscarab:
Eric Cartman, obviously

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro

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DVD reviews

Jack Reacher

Director. Christopher McQuarrie

Stars. Tom Cruise, Rosamund Pike, Richard Jenkins

●●●○○

Tom Cruise plays a vigilante anti-hero drawn from a novel series by the author Lee Child, books so pulpy they almost leave juice stains on the pages. Jack Reacher is an ex-cop, ex-military hard nut who travels by bus around America, violently defending the weak and innocent against the strong and culpable. Blunt as a fist (his preferred weapon) and resistant to romance, Reacher is also something of a phantom, erasing his tracks and severing personal ties. The story by writer/director Christopher McQuarrie is about bringing a crazed sniper to justice, albeit a "justice" not concerned with the civility of law. Cruise makes a convincing Reacher, despite standing a good nine inches shorter than the man's 6-foot-5 height in the novel series. More important, Cruise stands and delivers, making you believe that he can take on five guys in a parking-lot brawl while barely cracking a sweat. The film bloats at times, but Cruise doesn't.

Upstream Color

Director. Shane Carruth

Stars. Amy Seimetz, Shane Carruth, Andrew Sensenig

●●●●○

Like his Sundance-winning 2004 debut Primer, Shane Carruth's new film has elements of sci-fi but intentions far beyond it. Amy Seimetz and Carruth play victims of a bioterror plot that leaves them near death, utterly confused and their bank accounts drained. There's more, much more. There's emphasis on Thoreau's book Walden and Civil Disobedience that hints at the film's man/nature life cycle, and also recurring symbols (worms, pigs, orchids, circles and colours) that will fascinate book scholars and semioticians.

PETER HOWELL

Robert DeLong just has that 'X' factor

Revenge of the nerd. Don't call Electronic Dance Music's new king a DJ. The 26-year-old is out to prove that dorks rule

RICHARD PECKETT
Metro World News

Dubbed the "thinking man's Guetta," Robert DeLong's rehearsal space is strewn with techy paraphernalia. Beyond the instruments, there's the weird stuff: a joystick and Wiimote rigged to laptops and vines of entangled cabling. It's like being invited to the weird kid's house who's already started experimenting with homemade bongs — disconcerting but alluring. This is Robert's den, a paradise for techy junkies. If you're wondering what he gets up to with his joysticks, watch and listen to the Happy track — fast and furious fingering for your aural pleasure. Quirkiness aside, the self-confessed nerd behind recent album Just Movement is awkwardly honest about his cultish following, geeky tendencies and flirtation with fame.

Robert DeLong — not quite the anti-Guetta. GETTY IMAGES

Talk me through your look — it's pretty chilled out — what's the thinking? And what's with the face paint?
I've had this hairstyle for over a decade now. Well, the whole T-shirt thing and the face paint thing came from my girlfriend really, she painted this X sort of thing on my headphones and it went from that to T-shirts and face paints.

Anything more symbolic?
I wish there were.

Would I be right in saying that you keep your look pared-down to keep your set just about the music?
I suppose in a way. I like having a uniform essentially. It's pretty simple but also memorable.

Are you starting to get a cult following of fans in your Tees with painted faces?
Yeah, it's picking up. It's cool; it's crazy.

You've said before that you're a "nerd." Does that mean you enjoy your own company?
I did spend a lot of time alone, I guess. We lived kind of far from anybody in the outskirts of Seattle, so I spent most of the time running around the yard and playing with my instruments — I was a bit of a nerd.

You've also got a bit of a thing for toys — joysticks and Wiimotes. Were you into computer games as a kid?
I was but not super though. My parents would never let me have a console — which was great, to be honest.

You were more into the techy side of computers?
I used to write text adventure programs: "You come to a tree, do you want to go left or right." They were terrible; they barely worked.

What did your friends think of that?
Friends, right? No, I did (have friends). Most of my friends were kind of computer nerds, so it kind of worked out.

Nerds have notoriously terrible dating experiences. Have you got any stories?
My favourite was eight or nine years ago. I took this girl on a date and at the end of the night there's that moment where you're, "What do I do?" Do you hug them, do you give them a kiss or is it going to go on? So I saluted her and walked away (laughs hysterically).

Bizarre! Were you better with books — science, for instance?
Science was always my favourite subject and then obviously music. I loved school. I still spend a lot of time watching TED talks and reading tech and science articles — I'm into that stuff.

Your vocals in Global Concepts mention "substances, I abused." What did you get up to?
(Laughs) Um, yeah.

Were you a bit of a stoner?
Still a stoner but shush. I live in Los Angeles so everything is OK.

MTV has labelled you one of their "Artists To Watch." Any fans taken the watching part to a creepy level?
Yeah, I've had the strange experience here and there after a show with the weird person following me around.

Have they tried to steal any of your stuff or lunged?
Oooh, the only thing that people steal are my drumsticks but I do throw them at the end at the cymbal and it'll bounce off and hit somebody in the face.

And has that MTV title added any pressure?
I think it's great. You have to go through MTV to get to the masses, so I think it's cool that they acknowledge that I exist.

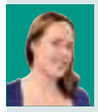
Are you happy to embrace the masses?
You know, I'll take what I can get I guess.

Is that the same with girls?
No, no, I've had a girlfriend for the last four years.

You've been described as both "the anti-Guetta" and the "thinking man's Guetta." Your sound is more intellectual but do you want a slice of his fame?
I wouldn't say that I'm the anti-Guetta. Money's important to me in the sense that I can buy more gear. Fame is the same thing. If I get famous that means I'm playing to bigger audiences and more people are hearing my music and I love that.

The Word

Rage against the dying of the light — or just pick Bieber



THE WORD
Dorothy Robinson
scene@metronews.ca

American Idol producer Nigel Lythgoe will not let the veteran reality TV show go gentle into that good night. Nope. The producer has decided to spend the big bucks to boost the sinking ratings of the show.

So who does he have his eye on? Justin Bieber, Selena Gomez, Pink and Sean "Diddy" Combs, reports RadarOnline.com.

"You can't get any bigger than Justin Bieber. The executives are calling it their dream team because who wouldn't tune in to see Justin and Selena, Pink and Diddy?" a Fox insider tells the site. "Pink has been approached in the past and turned it down as well as Diddy, who wanted too much money. It will cost a fortune to get them, but the show has gotten so stale that Fox is desperate for a revamp — they're willing to pay to put Idol back on top."

That means the current line-up of judges — Mariah Carey, Nicki Minaj, Keith Urban and Randy Jackson — will possibly not be returning. Apparently, the only one who's safe is Ryan Seacrest.

Instead of paying the big bucks for big names, why not pay for big personalities who actually play off of one another and are entertaining to watch?

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Chris Brown ALL PHOTOS GETTY IMAGES

Chris Brown says he's not ready to be "wife-ing" Rihanna

Here is Chris Brown's explanation on breaking up with Rihanna yet again:

"I mean, at the end of the day, shawty doing her own thang, she on the road. It's always gonna be love. I'm a grown man, just gotta fast forward ... I can't be focused on wife-ing someone that young. I need to be the best Chris Brown I can be," the 24-year-old said during a recent interview with Australian radio show The Kyle and Jackie Show.

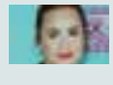
Wait. Forgive me, as I'm elderly, but you call being a loving and supportive partner "wife-ing"? And that is considered a bad thing? What is called "husband-ing"? Forgetting to take out the garbage?

Twitter

@PerezHilton
Frozen yogurt is like crack, but at least it won't land you in rehab or jail! Eat it up! #Perezism

@RainnWilson
I wanna be the CEO of something. Can you make me the CEO of something? Like a company or something?

@NICKIMINAJ
I never understand how people cold spray just a few squirts. I spray at least 50 every time. LMFAO. It just makes me so happy.



@ddlovato
Almost didn't make it through airport security!! I look SO different from my driver's license!! Hahaha #blondehairdon'tcare

@TheEllenShow
Congratulations, Keira Knightley, on your wedding! May you celebrate your love daily, and Knightley.

Mister Cee

Radio DJ Mister Cee busted for prostitution

One of Hot 97's most popular DJs — Mister Cee — is having a rough few days.

On Thursday night, the DJ, who also produced the Notorious B.I.G.'s Ready to Die, was arrested after he propositioned a male prostitute in Brooklyn. Unluckily for Cee, that prostitute was actually an undercover cop.

But now Cee is saying that the press (and the cops) have it all wrong — dude was really a lady.

"I am not gay," Mister Cee told Hot 97 program director Ebro Darden on Monday morning's show.

"They tried to turn it around and say the female officer was a male officer. It was a sting operation," he says.

Big Ang THE MOHEGAN SUN

Mob Wives' Big Ang canoodles with the little people

VH1's Mob Wives star, Angela "Big Ang" Raiola, showed off her ample assets and abs in a leather crop top on Friday night as part of Mohegan Sun's Reality Check Tour where fans got to take part in a Q&A with the star and get her autograph.

I love Big Ang but I'm pretty sure when dermatologists have nightmares, this photo is what they see.

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Gwyneth Paltrow, your new celebrity chef

Food. The whole no coffee, no bread, no fun approach featured in Gwyneth Paltrow's new cookbook, It's All Good, may be overwhelming, but the recipes are irresistible

ROMINA McGUINNESS
life@metronews.ca

With just a few more weeks to go before beach-body season, we thought we'd share exclusive recipes from Gwyneth Paltrow's latest cookbook It's all Good — specifically ones from the Body Building Menu.

If this meal plan is what helped 40-year-old Gwyneth get a 22-year-old stripper's butt, maybe it'll do the same for us.

And have you seen Iron Man 3?

She looks amazing, even when the girl is literally on fire.

Looking good and feeling good. HANDOUT

Recipe. Quinoa's not just for dinner anymore — add an egg and call it breakfast

Cooked quinoa is a great, useful staple to have on hand at all times, especially in the morning.

1 Heat the oil and garlic over medium heat in a small skillet until the garlic begins to soften, just 1 minute.

2 Add the shredded kale and cook, stirring now and then, until the kale is wilted, two to three minutes.

3 Add the quinoa and cook, stirring until warmed through, another two minutes. Season the mixture to taste with salt and pepper.

Serves 1

- 2 tablespoons extra virgin olive oil
- 1 garlic clove, finely minced
- 2 large leaves of kale (stems discarded), finely shredded
- Half cup perfectly cooked quinoa
- Coarse sea salt
- Freshly ground black pepper
- A poached egg or olive oil fried egg
- 1 scallion, white and light green parts only, very finely sliced

4 Place the mixture in a shallow bowl or on a plate, top with the egg, and sprinkle with the scallions.

5 Add a final grind of black pepper if you like.

From the foreword

Do does this actually work?

DR. HABIB SADEGHI
Physician

We asked osteopathic physician Dr. Habib Sadeghi, who wrote the foreword for It's All Good, to share his thoughts on the elimination diet, a cornerstone of Paltrow's book.

Is this a diet that can be maintained over long periods of time? Do we really need to cut out coffee, meat, dairy and alcohol for good, or can we continue to consume them in small amounts?

"No, it's not possible and not even necessary. There are healing diets and maintenance diets. Their purpose is very different. The body's two main functions are to build and heal, but it can't do both at the same time. Healing diets, like the elimination diet, help our bodies recover from an illness by providing it with hyper-nutrition, supplementation and digestive rest. It's medicinal. Once you've gotten well, it's time to switch back to a building diet so your body can repair its tissues and return your vitality."

Top 5

Dr. Sadeghi's top 5 foods for optimum health

1 Organic green vegetable juice: "You can't find a more potent, highly packed nutritious food, full of minerals and antioxidants that are immediately assimilated by the body. Avoid store juices. They're loaded with added sugars and pasteurized, which destroys the enzymes and damages the vitamins."

2 Lacto-fermented foods: "Yogurt, kefir, sauerkraut, kim chi and beet kvass supply large populations of good bacteria to your intestinal track. These probiotics boost your immune system."

3 Dairy: "Raw, unpasteurized dairy provides valuable nutrients for healing and maintenance. Switching from cow to goat's milk can make a big difference because the protein molecules in goat's milk are much smaller and easier for humans to absorb."

4 Berries of any kind: "They're packed with antioxidants. Unfortunately, berries are some of the most heavily sprayed crops, particularly strawberries, so only buy organic."

5 Wild caught sockeye salmon and grass-fed beef: "Fish oils from wild caught salmon with no risk of heavy metals are extremely important for brain function and anti-aging. Small amounts of beef are important for B vitamins and iron."

Afternoon snack: A handful of raw almonds

The ultimate crowd-pleaser, lasagna is always the answer

MAIJA MOMENTS
YummyMummyClub.ca

Lasagna is a staple recipe in any kitchen. Whether you're looking for a family-friendly meal, an addition to your freezer-meal repertoire or something to take to a friend when they need it, lasagna is always the answer.

You can "healthy up" your lasagna by using extra-lean ground beef, whole wheat lasagna noodles and low-fat cheese. MAIJA MOMENTS/YUMMYMUMMYCLUB.CA

Ingredients

- 1 tbsp olive oil
- 2-3 cloves garlic, crushed
- 1/2 cup onion, diced
- 2 lbs ground beef
- 2 jars tomato sauce (approx. 600 ml each)
- 1 container ricotta cheese (approx. 450 g)
- 1 egg
- 1 box lasagna noodles, cooked according to package directions
- 3 cups mozzarella, grated
- 4-5 heaping tbsp Parmesan cheese, grated

1. Heat oil in a large skillet over medium-high heat. Add garlic and onions and sauté until soft. Add ground beef and cook until no longer pink. Remove from heat, add one jar of tomato sauce and stir until combined. Set aside.
2. In a separate bowl, add ricotta cheese and egg. Mix until combined. Set aside.
3. Pour 1/3 of the second jar of tomato sauce on the bottom of a 9x13 casserole dish sprayed with non-stick cooking spray. Spread so bottom of dish is covered. Add lasagna noodles to bottom of pan. Cut to fit but do not overlap. Spread 1/3 of ricotta cheese onto lasagna noodles. Top with 1/3 of beef mixture. Top with 1 cup of mozzarella and sprinkle with 1 tbsp of Parmesan.
4. Repeat two more times. Top with final layer of noodles.
5. Pour remaining sauce on top and spread to ensure all the noodles are covered in sauce. Sprinkle with remaining Parmesan cheese.
6. Cover with foil and bake in a 350 F oven for 1 hour, removing foil for last 7-10 minutes.
7. Remove from oven, tent with foil and let stand 10 minutes. Slice and serve with salad and crusty bread.

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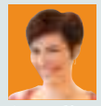
Health Solutions

Get a little okra into your life



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

According to the Canadian Produce Marketing Association, the top 10 vegetables sold in Canada are:

1. Tomatoes
2. Potatoes
3. Peppers
4. Bagged salad
5. Carrots
6. Onions
7. Mushrooms
8. Cucumbers
9. Lettuce
10. Broad leaf (such as broccoli and cabbage)

Wow, are we ever mundane. With the exception of peppers, this list is somewhat innocuous in terms of flavour and nutrient value — the sort of ho-hum veggies one would expect from the bland diet of people who came here in the 1700s.

Luckily, Canada is also a land of immigration that brings imaginative flavours with it. The up-and-coming vegetables are far more interesting. They are:

1. Artichokes
2. Okra
3. Kale
4. Ginger root
5. Yams

The list is a whole range of flavours that brings to mind a more colourful, healthful plate. Take okra, for example: It is a mucilaginous (gooey), high-fibre food used in Mediterranean, Asian and Indian cooking. You can't beat its folate, calcium and potassium content, and it has the ability to absorb the most potent of flavours.

All hail okra!

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT WWW.MYFRIENDINFOOD.COM

Dinner. Bow-Tie Pasta with Chicken, Olives and Sausage

Ingredients

- 12 oz bow-tie pasta
- 1 tsp vegetable oil
- 1 tsp crushed garlic
- 8 oz spicy sausage, skin removed and chopped
- 1/3 cup sliced black olives
- 1/8 tsp red pepper flakes
- 2 cups chicken or beef stock
- 2 1/2 tbsp all-purpose flour
- 1 1/2 cups thinly sliced roasted or grilled chicken
- parsley

1. Cook pasta in boiling water according to package instructions or until firm to the bite. Drain and place in a serving bowl.
2. In a large, non-stick skillet, heat oil and sauté garlic and sausage for 5 minutes, or until sausage is no longer pink. Add olives and red pepper flakes.
3. Meanwhile, in a small bowl, combine stock and flour until smooth. Add to sausage mixture and simmer until just slightly thickened, approximately 4 minutes, stirring constantly. Add chicken and cook for 1 minute. Pour over pasta. Sprinkle with parsley and toss.

ROSE REISMAN, AUTHOR OF ROSE REISMAN BRINGS HOME LIGHT PASTA

Quick, easy, delicious: Tonight's the night for gnocchi

KAREN HUMPHREY
YummyMummyClub.ca

Ingredients

- 2 mild Italian sausages, pushed out of their casings
- 1 small onion, chopped
- 1 sweet red pepper, chopped
- 2 garlic cloves
- 6-8 mushrooms
- 1 700 g bottle of passata
- 1 tsp oregano
- 1 tsp basil
- pinch of hot pepper flakes
- fresh pepper and salt, to taste
- 1 tbsp balsamic vinegar
- 1 tbsp honey
- 1 500 g package of gnocchi
- freshly grated Parmesan cheese

1. Put a large pot of water over medium-high heat to boil.
2. In a large, deep fry pan, sauté sausage over medium heat, breaking it up and stirring until no longer pink. Push to the edge of the pan and drain off all but a few tablespoons of fat, then stir in the onion and red pepper. Cook until they're softened. Add the garlic and cook, stirring, until fragrant, and then add mushrooms, cooking just long enough to soften them up.
3. Pour in the bottle of passata and turn the heat down. Stir and heat through. Stir in the oregano, basil, pepper flakes, salt and pepper, balsamic vinegar and honey.
4. When the water in the large pot you had going boils, dump in the gnocchi and let them cook until they float to the top. When they do, remove them from the water with a slotted spoon and divide among some bowls. Spoon the Italian sausage sauce over top and top with freshly grated Parmesan.

20-Minute Gnocchi With Italian Sausage Sauce. KAREN HUMPHREY/YUMMYMUMMYCLUB.CA

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The Spark: Defying the experts on autism

Nurturing Genius. Book details how a mother took son out of special education to work with him herself

RITA POLIAKOV
rita.poliakov@metronews.ca

Kristine Barnett with son Jacob. DREW ENDICOTT

When Kristine Barnett's autistic son was three years old, she was told he would never learn to read. Now, at 14, Jacob is taking graduate-level classes at Indiana University-Purdue University Indianapolis.

Before leaving fifth grade for college, Jacob taught himself calculus, started working on an original theory in astrophysics and, several months after being told he couldn't, taught himself how to read.

"He's defied not just the experts on autism, but the experts on prodigy. He's social, relatable, he has friends," said Barnett, author of The Spark: A Mother's Story of Nurturing Genius (Random House of Canada Limited).

Barnett's novel, which was released in April, chronicles her journey with Jacob, who was diagnosed with moderate to severe autism as a toddler.

"The delays (experts) saw on social skills in daily functioning were so significant. Making eye contact is a skill a two-month- old has. Jacob was probably seven before he started to make eye contact again," said Barnett, who lives in Indiana.

After realizing how low experts set the bar for her child, Barnett decided to take Jacob out of special education and work with him herself, a decision even her husband was against.

"That was the scariest decision I've ever made in my life," she said. "People just really thought I was nuts."

But Barnett was determined. By focusing on the things Jacob could do, like create a map from memory with Q-tips, Barnett was able to teach her son to do the things he couldn't, like have a conversation.

It was this philosophy that encouraged Barnett to write The Spark.

"The only person who is truly an expert in their child is the parent. I really believe in parents. We have the capacity to know what works for our child. I wanted to give moms the permission to follow their child's instincts," she said.

Writing The Spark wasn't always easy for Barnett.

"I tried to be very open and transparent," she said.

This meant discussing the family's serious financial issues during the recession and the death of one of Jacob's close friends, an autistic boy named Christopher who was hit by a school bus.

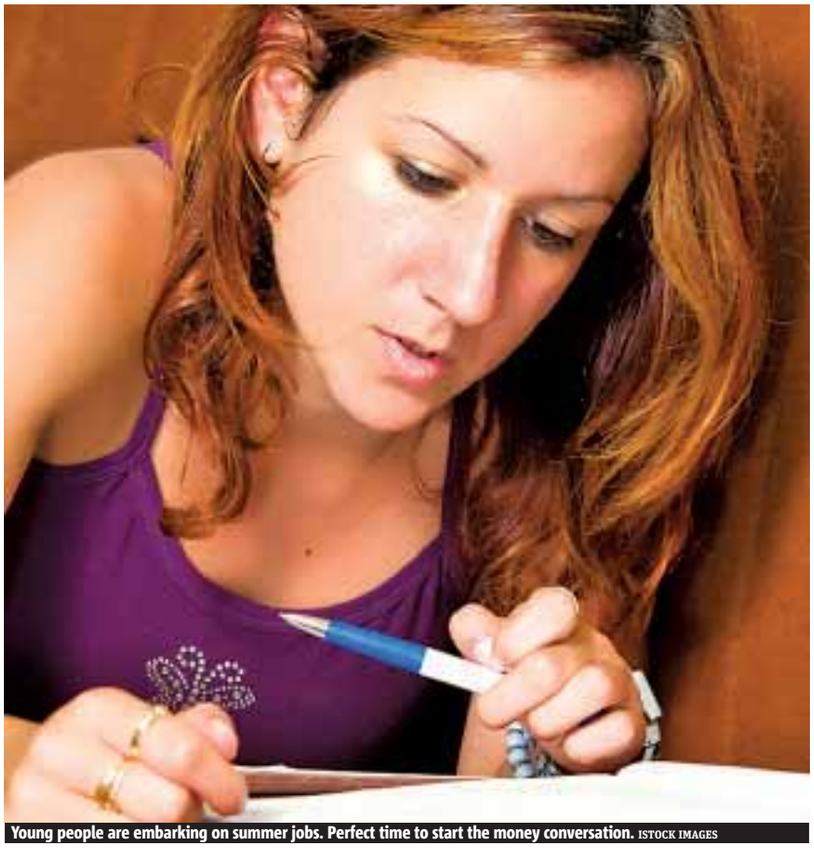
Jacob was supportive through the writing process.

"It's kind of fun to see him joking about revisiting these childhood memories. Telling jokes about things I was so worried about and how he wasn't worried at all. He was just doing his thing," Barnett said.

To learn more

Temple Grandin is another advocate of focusing on strengths rather than weaknesses when it comes to treating autism. Grandin, who was diagnosed with autism before much was known about the disorder, co-wrote The Autistic Brain: Thinking Across the Spectrum, with Richard Panek.

The book, published by Thomas Allen & Son, does exactly what its title suggests. Grandin, a professor and doctor of animal science, explores how brain science is linked to behaviour while weaving in her own experiences. For more information, visit thomasallen.ca and search for the title.



Young people are embarking on summer jobs. Perfect time to start the money conversation. ISTOCK IMAGES

Play for all the marbles — or not

YOUR MONEY
Alison Griffiths
money@metronews.ca

Marbles aren't exactly a common possession these days. But let's say you have a retro friend who happens to have one clasped in each hand.

One is red, the other black. You are required to enter the game she proposes (never mind why) and ante up $10 for the privilege.

If you correctly guess which colour is in which hand you win a 10 spot and break even. If you pick wrong you must pay another $10. You do have the choice of just paying the entry fee but not actually playing.

You'd lose the $10 entry fee but avoid risking losing another ten by guessing wrong.

What do you do? 1. Take the loss of $10 and risk no further loss. 2. Take a gamble and play on 3. Not sure.

Before you tell the retro friend to take her marbles and go home, consider what your answer says about your money personality. The Brandes Scholarship Program (brandesscholarship.ca) has created a fun, 18-question quiz for students and young adults, aged 16 to 22. It's designed to measure risk tolerance, attitudes to spending and interest in financial matters.

I'm a sucker for quizzes so I plunged in. My answer to the question above, by the way, was No. 2. I hate to spend money without having a chance of getting something for it. Overall, I scored high in financial interest (no surprise there), slightly above neutral in risk taking and just a fraction more toward saving than spending.

I was a little surprised by the last one, mainly because I see myself as a devoted saver. Despite my job, I'm obviously a little more of a spender than I should be.

The quiz is part of the Brandes Scholarship Program, which provides 10 $1,000 awards based on a 400 to 600 word essay describing what the student learned from taking the quiz.

This is a great way to encourage the money conversation with a nice chunk of change for 10 winning Canadians. And the timing is excellent too. Hopefully, young people are embarking on summer jobs and many will be saving and spending their first earned dollars.

As a judge of similar contests I can say that humour gets bonus points. The deadline is July 2.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

POSITIVELY SHIFTING PERCEPTIONS

ENGAGE OTHERS ABOUT MENTAL HEALTH ISSUES

DIGITAL VISION/THINKSTOCK

Our mental health is just as important as our physical health. When we are mentally healthy it improves our overall health and well-being and we enjoy life and everyone in it.

All Canadians — not just adults — should be aware of their mental health. Without an understanding of our mental health, it's difficult to know why we feel low, stressed or anxious at certain times and how we can manage these feelings.

This year, the theme for the Canadian Mental Health Association's 62nd annual Mental Health Week, which runs from May 6-12, is Youth Mental Health.

While the CMHA's tagline, Mental Health for All, will still be used as an important broader theme during Mental Health Week, the focus is being placed on the mental health problems experienced by young people between the ages of 15 and 24.

"An important part of the youth theme will be the role of parents, teachers and other caregivers as they continue to play a key part in the lives of youth and provide critical support," says Peter Coleridge, the national CEO of the CMHA.

The statistics are staggering. It's estimated that 10 to 20 per cent of Canadian youth are affected by some form of mental illness, such as anxiety, depression or an eating disorder, and up to 70 per cent of young adults living with mental illness report that the symptoms started in childhood.

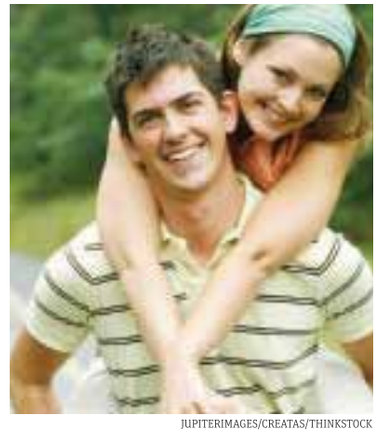
Suicide is the leading cause of death in 15- to 24-year-old Canadians. Every year, 4,000 young men and women die prematurely when they choose to end their life. Sadly, Canada's suicide rate is the third highest in the industrial world.

During Mental Health Week, people from all walks of life are encouraged to learn, talk, reflect and engage with others on all issues relating to mental health and mental illness. "The more conversations that take place, the more people will understand mental health and we will positively shift perceptions and behaviours about mental health," Coleridge says.

For more, and for a list of Mental Health Week events and activities in your community, visit mentalhealthweek.ca.

– Jane Doucet

CMHA IS YOUR SOURCE FOR SERVICES



JUPITERIMAGES/CREATAS/THINKSTOCK

Founded in 1918, the Canadian Mental Health Association is one of the oldest not-for-profit organizations in Canada. With more than 10,000 staff and volunteers in hundreds of communities across Canada, CMHA provides vital services and support to more than half a million Canadians every year.

As the nationwide leader and champion for mental health, CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience and support their recovery from mental illness. At the local level, CMHA offers a wide range of specialized mental health programs and services to people experiencing mental health issues, as well as their families. These services are tailored to the needs of each community in which they are based.

"One of our main goals during Mental Health Week, but also throughout the year, is to provide information, resources and the practical strategies and advice required for people to develop the personal tools they need to maintain and support their mental health and lead meaningful and productive lives," says Peter Coleridge, the national CEO of the CMHA.

During Mental Health Week from May 6-12, CMHA locations across Canada will hold seminars, host open houses and set up community information booths.

To learn more about the Canadian Mental Health Association, visit cmha.ca.

Why is your mental health so important?
Mental health is an essential part of your overall health. Mental health is more than just the absence of mental illness. It's a state of well-being.
CMHA's 62nd ANNUAL MENTAL HEALTH WEEK 2013
It's Mental Health Week!
May 6-12, 2013
It's time to learn, talk, reflect and engage with others about mental health.
For more information on how to maintain your mental health, to find Mental Health Week events in your community or to donate to CMHA, go to mentalhealthweek.ca.
Mental health tips
What you can do for your mental health:
Enjoy life.
Eat well and keep active.
Talk about it.
Be kind to yourself. Take time to relax.
Ask for help – when you need it.
Practice positive self-talk.
Canadian Mental Health Association
Association canadienne pour la santé mentale
The Medicine Shoppe Pharmacy
janssen

Saskatchewan Roughriders GM Brendan Taman addresses the media at Mosaic Stadium on Monday. JEFF MACKEY/METRO

Riders rope in OL Watman at CFL draft

CFL. Taman chooses 'tenacious player' on day of wheeling and dealing for Saskatchewan

JEFF MACKEY
jeff.mackey@metronews.ca

Riders on draft day

- **Round 1.** OL Corey Watman, fourth overall.
- **Round 5.** OL Matt Vonk, 38th overall.
- **Round 5.** WR Alex Anthony, 39th overall.
- **Round 5.** DL Levi Steinhauer, 40th overall.
- **Round 5.** FB Spencer Moore, 44th overall.
- **Round 6.** LB Thomas Spoletini, 49th overall.
- **Round 7.** OL Eric Armitage, 5th overall.

Linden Gaydosh going first overall to the Tiger-Cats in yesterday's CFL draft may have been the big news on Monday, but draft day still proved interesting for the Saskatchewan Roughriders.

The Riders selected offensive lineman Corey Watman with their fourth-overall pick.

"I think he is a very tenacious player, I think he will fit in," said Riders coach Corey Chamblin. "We thought he may go a bit earlier but we were excited to see him still sitting there and excited to get him."

Watman is from Queensville, Ont., and played for Eastern Michigan University. He was a surprise pick for many who expected the Riders to choose U of R offensive lineman Brett Jones of Weyburn, Sask., with their top pick.

"Brett is a good player," said Riders general manager Brendan Taman. "Brett has some issues with medical school that he will address and he will be a pretty good pro too."

Jones ended up going 16th overall to the Calgary Stampeders.

The Riders also traded their 22nd overall pick to the Toronto Argonauts for the 39th, 40th and 44th picks.

NHL awards

Habs' Gallagher gets Calder nom

Montreal Canadiens right-winger Brendan Gallagher, Florida Panthers centre Jonathan Huberdeau and Chicago Blackhawks left-winger Brandon Saad were named finalists for the Calder Memorial Trophy on Monday.

The honour goes to the NHL's top rookie. The winner will be announced during the 2013 Stanley Cup final.

THE CANADIAN PRESS

NBA

Melo 'meant more to his team': Writer

The only writer who did not choose LeBron James of the Miami Heat as the NBA's Most Valuable Player believes Carmelo Anthony "meant more to his team" this season.

Gary Washburn of The Boston Globe says Anthony made the New York Knicks relevant again by leading them to their first division title in nearly two decades.

THE ASSOCIATED PRESS

MLB

Shoulder sends Halladay to DL

The Philadelphia Phillies placed two-time Cy Young Award winner Roy Halladay on the 15-day disabled list Monday because of inflammation in his throwing shoulder.

Manager Charlie Manuel said Halladay had travelled to Los Angeles, where he was scheduled to be examined by Dr. Lewis Yocum on Tuesday.

THE ASSOCIATED PRESS

Bruins bust up Leafs to regain series lead

James Reimer pulls Boston's fourth goal from his net during the Maple Leafs' 5-2 loss in Game 3 on Monday night. STEVE RUSSELL/TORSTAR NEWS SERVICE

The Boston Bruins scored two goals in a little over two minutes in the second period to defeat the Toronto Maple Leafs 5-2 Monday night and regain the upper hand in their NHL playoff series.

The loss came before 19,746 fans inside the Air Canada Centre. Outside, a blue-and-white throng watched the game on a big screen in Maple Leaf Square as playoff hockey returned to Toronto for the first time since 2004.

After being beaten 4-2 in Boston on Saturday night, the Bruins upped their game. The Leafs, meanwhile, made mistakes and were punished, although they tried to close the gap with a busy third period in which they outshot the visitors 18-6. The Leafs finished with a 47-38 edge in shots.

Game 4 goes Wednesday in Toronto, with the Leafs trailing 2-1 in the series. Boston won the opener 4-1.

Adam McQuaid, Rich Peverley, Nathan Horton, Daniel Paille and David Krejci — with an empty-net goal with 1:17 remaining — scored for Boston

The line of Milan Lucic, Krejci and Horton finished the night with two goals and six assists. They have combined for 17 points through the first three post-season games, with five goals and 12 assists.

Jake Gardiner and Phil Kessel replied for Toronto in a physical game that saw more than 95 hits in total.

THE CANADIAN PRESS

See today's answers at metronews.ca/answers.

Horoscopes

♈ Aries
March 21 - April 20
You seem to think that you need someone's approval to follow a certain course of action. That's not like you at all – and it isn't true either. Have the courage to follow your own path in future.

♉ Taurus
April 21 - May 21
The things you do touch the lives of those around you. Before you start something new today, ask yourself how it might affect friends, family and colleagues. Only proceed if the results will be positive.

♊ Gemini
May 22 - June 21
Regret is a useless emotion, don't wallow in it, just accept it and move on. The Sun in Taurus at this time of year can make you pessimistic, but life is still good – and so are you!

♋ Cancer
June 22 - July 23
If you are convinced that a certain course of action is right then follow it no matter what. Cancer is a Water sign and your intuition is sharp, so listen to your hunches.

♌ Leo
July 24 - Aug. 23
You may think you are entitled to a larger share of whatever rewards are on offer but this is not the best time to push your claims too hard. Wait and see what Friday's eclipse brings your way.

♍ Virgo
Aug. 24 - Sept. 23
Soon you could find yourself doing things that just weeks ago you wouldn't have dreamt about. When change happens it tends to happen fast, so be ready.

♎ Libra
Sept. 24 - Oct. 23
Because life is so easy you tend to coast along without putting too much effort into what you are doing. Which is fine, but think how much more you could achieve if you did get serious.

♏ Scorpio
Oct. 24 - Nov. 22
Worry never solved anything, so control your fears and start looking for ways to improve your lot. Remember: you are where you are for a reason. Find out what that reason is and work with it.

♐ Sagittarius
Nov. 23 - Dec. 21
Despite what some people might say you are more than just an accident of the universe – there is meaning to your existence. Focus on what that meaning is and you could have a life-changing insight.

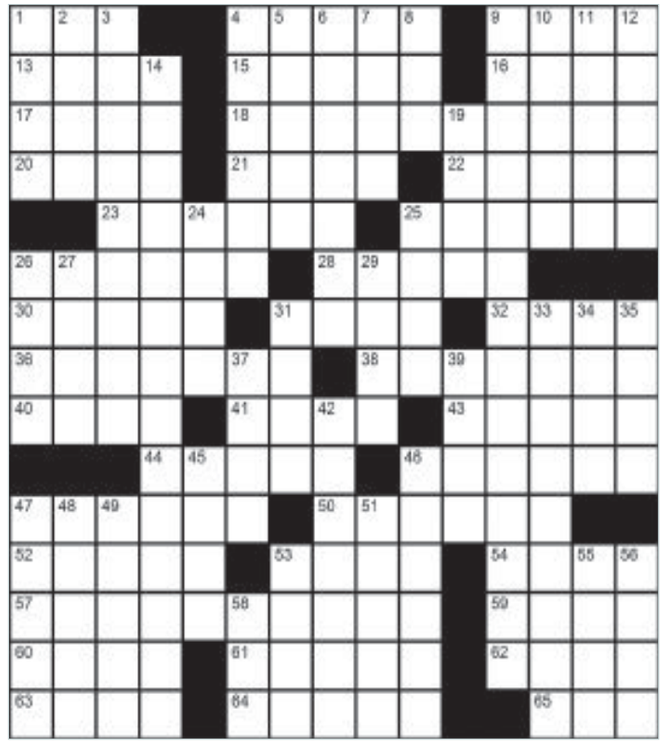
♑ Capricorn
Dec. 22 - Jan. 20
Your rivals may have more experience than you but you have drive and determination. Most important of all though is your clarity of thought: you know what it is you want – and you'll get it.

♒ Aquarius
Jan. 21 - Feb. 19
Focus on the lighter side of life today. Stop worrying about the world and its woes and just have fun for a change.

♓ Pisces
Feb. 20 - March 20
You're not a casualty in the game of life, so stop acting like one. According to the planets the next few days will throw up some wonderful opportunities. SALLY BROMPTON

Crossword: Canada Across and Down

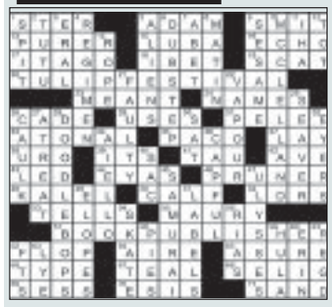
BY KELLY ANN BUCHANAN



Across
1. Quebec locale, __-Beauport
4. Hell
9. Immense
13. Awestruck
15. "__ be goin' now."
16. Sudbury landmark, __ Superstack
17. Contented cat's call
18. Hard rock trio from Toronto: 2 wds.
20. Mr. Carvey
21. New newts
22. Ex of celebs George and Rod
23. George Orwell's Nineteen __-Four
25. :)
26. Earth's third biggest island
28. Baseball great Mr. Ryan
30. Cheering-on person
31. __ Beach, Florida
32. Tranquil
36. An aquarium recreates it: 2 wds.
38. Aficionado
40. Garden __
41. Golds, in Spain
43. __ water (Up the proverbial creek): 2 wds.
44. Montreal metro station, Cote-__
46. Nuts
47. "Madonna: Truth __ __" (1991)
50. Cyberspace: 2 wds.
52. Gets introduced to
53. Weather without water
54. Carpentry tool
57. British Columbia city
59. Anastasia's dad's job
60. Prince William, for one
61. Be an Alps communicator
62. Eight: Spanish
63. Li'l elevations
64. Farm equipment company, John __
65. Montreal football players, to fans

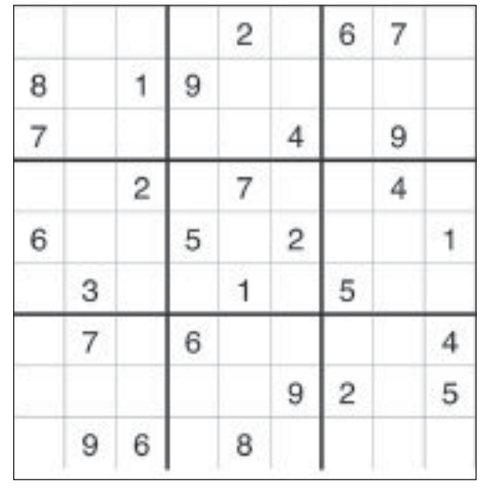
Down
1. Force in California's largest city (acronym)
2. Water: Spanish
3. Sitcom set in fictional Dog River, SK: 2 wds.
4. Cab Calloway's signature syllables
5. Toward the stern
6. Chewing gum brand
7. Edmonton's CFL team's website, __.com
8. Pou __ (Vantage point)
9. James Ehnes' recent Juno-winning album: 'Tchaikovsky: __ __'
10. Year's historic record
11. CSI part
12. "I Just Called __ I Love You" by Stevie Wonder: 2 wds.
14. Inglis __ __ National Historic Site, in Manitoba
19. Early-'80s hit: "She's a Bad Mama __"
24. "The Facts of Life" actress Ms. Jewell
25. Blackthorn fruit
26. Shrub
27. Cream-filled cookie
29. Commands, for short
31. Green: French
33. Alberta river
34. Kings of __ (Rock band)
35. NY baseball team
37. Golfer's warning!
39. Opinion
42. Cycled better than
45. In the past, in verse
46. Hawk
47. D-Day beach
48. "__ Without a Cause" (1955)
49. Money-spent transaction
51. Job seeker's interviewer
53. "...friend or __?"
55. Montreal-born humourist, Mort __
56. Amateurs' antonyms [abbrv.]
58. Mr. Barrett of Pink Floyd

Yesterday's Crossword

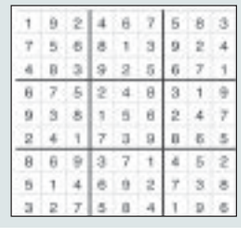


Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku



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